

Tree



Golf Benefit

Builds stability and strength in the lower body which allows the golfer to maintain backswing weight distribution and maintain strong finish.

How

Select one point of focus on the floor approximately 2 feet in front of the feet. Standing with feet hip-width apart, slightly shift the weight onto the left leg, bringing the right foot up to the left ankle, inner knee or inner thigh.

Flow

Bring hands to waist for 5-7 breaths, then hands above head for 5-7 breaths.

Modifications

Use a club, chair or wall for balance.

Place back against the wall and use the right hand to gently encourage the right hip and knee towards the wall.